

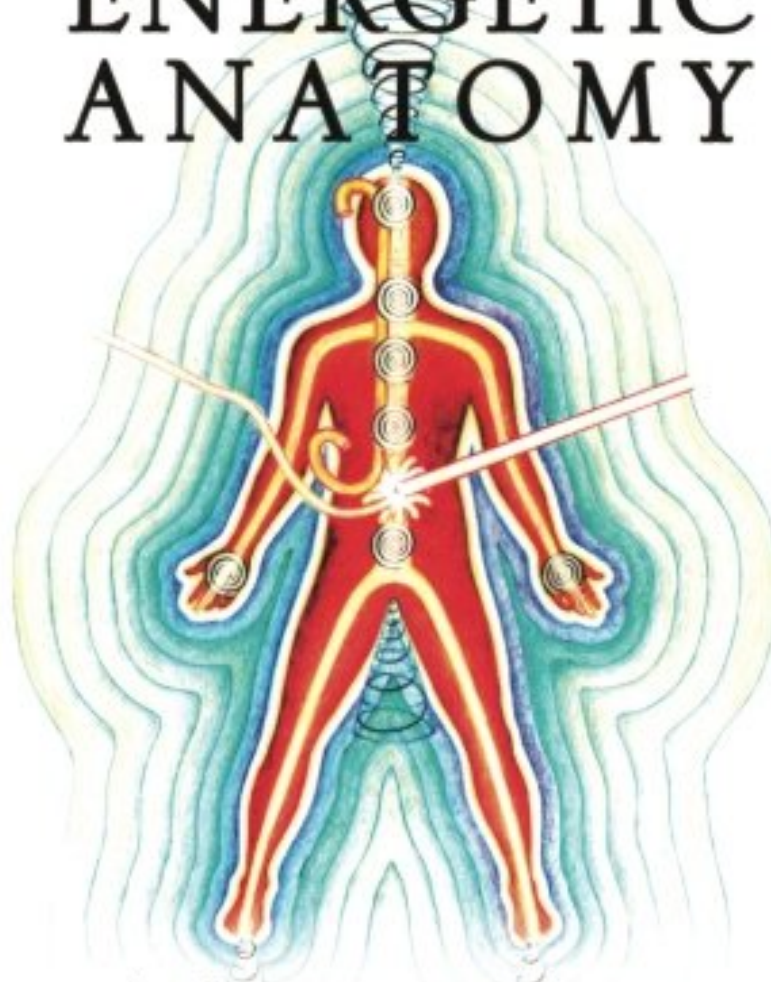
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GUIDE TO UNDERSTANDING AND USING  
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There is far more to the Human Energy System than the "aura" and the "chakras". In this book, you will explore powerful and largely unknown energy structures, never before covered in-depth, in any book. In addition you will learn practical, proven methods to see, feel and use energy and master the use of these energy structures. Heal yourself and others on every level - physically, spiritually, mentally and emotionally through the use of the many simple and effective exercises in this book. By understanding the structures of the Human Energy System, and their function, it becomes easier to identify and transform core issues, rapidly change negative emotional states and create greater certainty about your relationship to spiritual reality. The beautiful, accurate illustrations by award winning artist, Gosha Karpowicz, help you to gain a visual perspective which empowers your ability to use your imagination to assist you in developing conscious use of the Human Energy System. You will develop the ability to clearly see and feel where your energy comes from and where it goes, and to know just how intimately all of life is bound together. This new understanding will lead to a much greater evolution of your awareness, until you can consciously use these powerful structures to significantly improve your health and benefit others. Ultimately, the life-affirming tools developed in this book can be used as an effective bridge into the boundless and timeless world of spirit. This book is a must have for energy healers, bodyworkers, physicians using the Human Energy System in their practices and those interested in maximizing their performance in any area of life.

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- Binding: Paperback
- 168 pages

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Information I have never seen anywhere else

By P.J.

Where is this guy and why isn't he teaching seminars? This is truly an incredible book. I have been reading books on energy medicine for over 20 years now and as a bodyworker who relies on energy healing I was so impressed with the content of this book. This guy is the real deal. He has a gift that he passes on to each of us. Not only does he discuss how human energy works in the body, but he actually gives the reader exercises

and "how to" information so they can start using this practical wisdom. Most books only discuss how the energy flows and give whacky, new age-y exercises to follow, without giving any real practical "how to" advice. Not this book. There are lots of pertinent exercises to build the ability to sense energy. After putting his theories into practice, I noticed a marked increase in my ability to feel and see energy. I have searched for other works by this author to no avail. I hope he comes back out of obscurity and writes more, or teaches his profound wisdom in seminar settings. Thank you Mark. I loved it!!

122 of 125 people found the following review helpful.

An Impressive Guide to Our Subtle Anatomy and How to Work with It

By Dr. Richard G. Petty

I am sorry to say that I know nothing about Mark Rich - the author of this impressive book - apart from the few notes on the cover and in the introduction. In some senses I am rather pleased about that, because the book contains some unique information and my review is in no way colored by knowing him personally.

There are a great many books about the "energy systems" of the body, though I prefer to use the term "subtle systems" to include both the Information Matrix and the subtle energy that it animates and directs. Many are excellent. But the way in which people perceive and discern these subtle systems clearly has a strong subjective component.

There are at least two dozen variations on people's descriptions of these subtle systems, including huge variations in the numbers, colors and orientation of the chakras and the size and structure of the aura. Research performed in London in the early 1970s showed that the aura seen by many sensitives does not appear to exist in physical space. When subjects were placed behind a screen, a group of sensitives was unable to locate them. Does that mean that these subtle systems are something fanciful? Not at all: they are real and some recent research using sensitive equipment may be proving it. I am quite open about revealing that I have since early childhood been able to sense many of these subtle systems and like very many others I have been checked and trained.

Why this preamble? This book is, to my knowledge, unique. I have never before seen descriptions that precisely correspond with my own. That is not to say that either of us is objectively "correct," but simply that two people who have become very experienced and have been tested have come up with very similar answers.

This book is full of illustrations and explanations for what they mean, what the author has learned, and how you may be able to apply his experience and observations in your own life.

If you are interested in the subtle systems of the body this is one of the best books there is. I put it on a par with Donna Eden's Energy Medicine and Barbara Brennan's Hands of Light and Light Emerging.

Highly recommended.

98 of 101 people found the following review helpful.

Fascinating Subject

By billreed

I am an electrical engineer who has usually followed a very western medical science oriented view of health and fitness. I became interested in meditation and breathing because of the death of someone who was close to me. I bought this book, originally because I was interested in self healing. What I got out of it was a much stronger sense of who I am and what I am doing with my own life, in addition to healing. Mark Rich gives a much bigger picture of who we are and how we function energetically. There are other books out there on this subject but this one seems to be written very matter of factly and straight to the point. I can

relate to that! Highly recommended!

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